

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
 Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/elder-and-human-services

Staff Contact Info

Front desk
 (781) 942-6794

Interim Administrator

Chris Kowaleski
 (781) 942-6796
ckowaleski@ci.reading.ma.us

Sr. Case Manager

Kerry Valle (781) 942-6659
kvalle@ci.reading.ma.us

Nurse Advocate

Alyse Warren (781) 942-6693
awarren@ci.reading.ma.us

Van Driver/Transportation Coordinator

Joe Beninati (781) 942-6754
jbeninati@ci.reading.ma.us



Highlights for November

- Men's group, November 30th Pg. 1
- Thanksgiving Lunch and Learn, November 15th Pg. 1
- Senior CPR, November 18th Pg. 2
- Birthday Lunch, November 10th Pg. 3
- Holidays After Loss: November 16th Pg. 3
- Movie and Pizza, November 17th Pg. 3
- Senator Lewis Office Hours, November 7th Pg. 4

WELLNESS WEDNESDAYS

The Pleasant Street Center is excited to announce the last three dates of our *Wellness Wednesday* series.

- Nov. 2nd : Lori Haverty - Health & Fitness Empowerment
- Nov. 9th : Lynne Bolen - Intentional Health through breath, sound & motion
- Nov. 16th : Roman Music Therapy - Connecting through music to enhance Joy

Each session is hosted at the **Reading Public Library** in the community room on the ground floor from 11:00am to 1:00pm. Lunch is served after each presentation.

For more information and to sign-up, please call the Pleasant Street Center at (781) 942-6794.

LUNCH AND LEARN SERIES

Join us for our Thanksgiving Lunch and Learn on November 15th from 12:00pm to 2:00pm

Stay tuned for more details!

For questions regarding the Thanksgiving Lunch and Learn or to sign-up, please call the Pleasant Street Center at (781) 942-6794.

MEN'S GROUP

We are excited to announce the start of the Pleasant Street Center's Men's Group!

November 30th from 10:00am - 11:00am

Join Chris for refreshments and conversation every 4th Wednesday of the month.

For more information or to sign-up, call (781) 942-6794

FITNESS

Mondays

B.E.S.T. with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room

Chair Yoga for Arthritis: 11:15am - 12:00 pm \$5 per class. All levels welcome (Meets upstairs)

Zumba Gold with Kelli: 2:45pm - 3:30pm \$5 In Great Room

Tuesdays

Body and Brain Flexibility: 10:30am - 11:30am \$5 per class

Senior Fit with Kelli: 2:30pm - 3:15pm \$5 per class

Wednesdays

Yoga with Rosa: 11:45am - 12:30 pm \$10per class

Line Dancing with Val: 1:45am - 2:30pm \$5 per class
Meets in the Great Room

Thursdays

Tai Chi with Paul: 9:00am - 10:00am Free. Meets in the Great Room

Strength & Balance with Terry: 11:15am - 12:15pm \$5 per class. Bring your own hand held weights or resistance bands. Meets in the Great Room.

Fridays

B.E.S.T. Exercise with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room.

ACTIVITIES

Tuesdays

Art Lessons with Steve Greco: 9:30am - 12:00pm, \$40/ month 10 hours of lessons. First class free.

VETERANS

**Scuttlebutt Meeting is
Thursday, November 3rd at 10:00am**

We hope to see you there!



**For more info, please email Will Valliere at:
wvalliere@ci.reading.ma.us**

SHINE COUNSELING

SHINE COUNSELING By Appointment Only

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability.

Please call 781-942-6794 to request an in-person SHINE counseling appointment.

October 15th - December 7th is open enrollment where you can change your Medicare plans for 2023

Other SHINE related matters,
Call 1-800-AGE-INFO (1-800-243-4636)
FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227

GAME TIME

We have some wonderful game groups and always looking for new players.

As seen below, we host Cribbage on Mondays at 1:00pm, Rummikub on Wednesdays at 1:00pm, Mahjong on Thursdays at 12:30pm and Bridge on Friday morning from 9:00am to 12:00pm. For more information and to sign-up please call the Pleasant Street Center at (781) 942-6794.

GAMES

Mondays

Bingo: 11:30 - 1:30 (10 games for \$5.00)

Cribbage: 1:00 - 3:00 (upstairs)

Wednesday

Rummikub: 1:00 - 3:00 (upstairs)

Thursdays

Mahjong: 12:30 - 3:30 (upstairs)

Fridays

Bridge: 9:00 - 12:00 (upstairs)

SENIOR CPR



Join Reading Fire Department's Derek Loftus for senior CPR and basic first aid training
Friday November 18th 10am-12pm

RSVP required. Space is limited
781-942-6794

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Sponsored by MA Association for Blind and visually impaired. Meets the second Wednesday of each month.

Meets via conference call on

Wednesday, November 9th from 10:00am - 11:15am

Please call 781-942-6794 for information

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, November 9th at 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

Led by Kathy Hill, PT with the Greater Medford VNA.

Meets the second Wednesday of each month.

BEREAVEMENT GROUP

Grief Support Group and Grief Education

The group, led by Trish Crean, LSW, Bereavement Coordinator from All Care Hospice, is a general loss group with grief education provided. Group allows for a safe, nonjudgmental place to talk about loss and understand the grief process and move towards the future in a healthy way. Group will meet monthly on the second Tuesday of every month.

Tuesday, November 8th, 9:00am - 10:00am

HOLIDAYS AFTER LOSS

Join us as we welcome back Mary Crowe from Care Dimensions as she discusses the impact the holidays have on grief, practical suggestions for coping and ways the holidays can heal.

Wednesday November 16th at 9:00am

Please call 781-942-6794 to reserve your spot

BIRTHDAY LUNCH

Birthday Lunch
Thursday, November 10th
at 1:00pm



Call to reserve your spot 781-942-6794

***No early arrivals please! Doors open at 12:45pm**

***Reading residents only, Ages 60+**

If it is your birthday month, you get a free gift.

VIRTUAL ART

Virtual Zentangle with Susan

November 2nd, 16th & 30th at 9:30am - 10:30am

Virtual Drawing with Susan

November 9th & 23rd at 9:30am - 10:30am

Materials needed for Zentangle: paper, pencil, pen that writes nicely (I use a Micron), blending tool such as a tortillon/blending stump (cotton swab could work in a pinch).

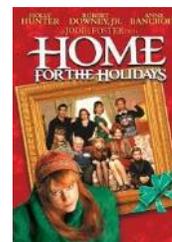
Materials needed for Drawing: paper, pencil (No.2, 2H and 4B for drawing, if you have them), vinyl eraser and kneaded eraser recommended. No experience needed. Join us for a relaxing, meditative, comfortable art experience.

Susan is a Certified Zentangle Teacher.

To register, use link: <https://tinyurl.com/ygzjdpfo>

MOVIE AND PIZZA

November Movie - Home for the Holidays
Thursday, November 17th at 1:00pm



After losing her job, making out with her soon-to-be former boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

Please RSVP to 781-942-6794

MEMORY CAFÉ

The Stoneham & Reading Senior Centers are partnering to bring enjoyment & social connections to individuals living with a memory impairment & their care partners through the Memory Café.

Join us **November 8th** for lunch at Bunratty's Tavern at 12:00pm. **RSVPs REQUIRED by 11/4**

Please RSVP to Kerry Valle 781-942-6659 or
Alyse Warren 781-942-6693

HELPFUL RESOURCES

Council on Aging: Zoom

Next meeting will be on November 7th
6:30pm in-person

Town of Reading Select Board

Selectboard@ci.reading.ma.us

Mark Dockser, Chair

Mark.dockser@ci.reading.ma.us

Karen Gately Herrick, Vice Chair

Karen.herrick@ci.reading.ma.us

Chris Haley, Secretary

christopher.haley@ci.reading.ma.us

Carlo Bacci, Member

carlo.bacci@ci.reading.ma.us

Jacqueline McCarthy, Member

jacqueline.mccarthy@ci.reading.ma.us

Senator Jason Lewis

(617) 722-1206

Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100

Bradley.Jones@mahouse.gov

Representative Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2090

Richard.Haggerty@mahouse.gov

Senator Jason Lewis Office Hours

Office hours will be on
November 7th at 1:30pm

Senator Lewis hosts office hours at the Pleasant Street Center on the first Monday of every other month.

READING SELECT BOARD OFFICE HOURS

2022 SELECT BOARD HOURS

For updated Select Board Office hours, please refer to the following website for more information.
<https://www.readingma.gov/331/Select-Board>

CONTACT THE BOARD ANYTIME at
selectboard@ci.reading.ma.us

ON THE GO!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service.

Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Seating is limited. Trip times are subject to change, please call to make a reservation. *Masks are required before you enter the van.*

November Shopping Dates and Times

Walmart

Monday, November 7rd 10:00am to 12:00pm

Redstone Shopping Center

Monday, November 14th 10:00am to 12:00pm

Walmart

Monday, November 21th 10:00am to 12:00pm

Woburn Village, Target or Kohl's

Monday, November 28st 10:00am to 12:00pm

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping Wednesdays
8:30am - 9:30am

Neighborhood Grocery Shopping Wednesdays
9:30am - 10:30am

Cedar Glen Grocery Shopping Thursdays
8:30am - 9:30am or 9:30am - 10:30am

Tannerville Grocery Shopping Fridays
8:30am - 9:30am

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases.



Mon	Tue	Wed	Thu	Fri
	1 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	2 9:30 Zentangle (virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	3 9:00 Tai Chi 10:00 Scuttlebutt 10:00 Computer drop-in 11:15 Strength & Balance 12:30 Mahjong	4 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
7 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 1:30 Senator Lewis 2:45 Zumba Gold 6:30 COA Meeting	8 9:00 Bereavement 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	9 9:30 Drawing (virtual) 10:00 Low Vision (virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	10 9:00 Tai Chi 10:00 Computer drop-in 11:15 Strength & Balance 12:30 Mahjong 1:00 Birthday Lunch	11 CLOSED VETERANS DAY
14 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	15 9:30 Art 10:00 Walking Club 10:30 Body & Brain 12:30 Lunch & Learn 2:30 Senior Fit	16 9:30 Zentangle (virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	17 9:00 Tai Chi 10:00 Computer drop-in 10:00 Book Club 11:15 Strength & Balance 12:30 Mahjong 1:00 Movie & Pizza	18 9:00 BEST 9:00 Bridge (upstairs) 10:00 Senior CPR Closing at 12:00
21 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	22 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	23 9:30 Drawing (virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	24 CLOSED FOR THANKSGIVING	25 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
28 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	29 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	30 9:30 Zentangle (virtual) 10:00 Men's Group 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing		

ART WITH STEVE

Looks for a low pressure place to be creative and tap into your art talent!

Join instructor Steve Greco on Tuesdays from 9:30am to 11:30am and try your hand at art.

First session is free, followed by \$40.00 per month

For details, please call the Pleasant Street Center at (781) 942-6794



TECH SUPPORT

Drop-in Technology Support

Do you have questions or need help using Zoom, printing photos, searching the Internet, basic computer function or something else related to your computer? Join Nancy Thursday's from 10:00am-12:00pm for drop in help.

CHROMEBOOK LENDING PROGRAM

If you have been thinking about trying out technology, now is the time to give it a try. Our Chromebooks allow you to access the internet, use email, take part in virtual programs and much more!

Chromebooks will be loaned out for a **2-month trial period**. If you enjoy the experience, the Pleasant Street Center staff will help you purchase and set up your own Chromebook. The units are already set up, so you can quickly check the weather, local and national news, PSC schedules, tutorials on how to ZOOM and more.

RPL FOR PSC

Writers Group - Virtual Wed, 11/3, 10:00 - 11:30am

Join this drop-in community of writers monthly to share ideas, drafts, and cheer each other on.

Registration: <https://libcal.readingpl.org/event/8640401>

Roman Music Therapy for Adults Wed, 11/2, 16th, 30th: 4:00-5:00pm

Come join us in this musical space designed to facilitate meaningful social experiences, encourage creative self-expression, and develop the essential self-advocacy and leadership skills that support a successful transition to adulthood. This series of programs is designed for adults ages 22+ with disabilities. They are not respite programs; caregivers are required to attend.

Registration: <https://libcal.readingpl.org/event/9500800>

New Series! Houseplants 101 with Biss Botanicals

Mon, 11/7, 14th, 21st: 10:00- 11:00am

Do you love greenery, but think that a houseplant would be too difficult to care for? Do you have plants that are alive, but you want them to thrive? Join Michaela, the owner of Reading's very own Biss Botanicals, and learn just how easy adding some green into your life can be! This event is generously sponsored by The Friends of the Reading Library.

Registration 11/7: <https://libcal.readingpl.org/event/9465321>

Registration 11/14: <https://libcal.readingpl.org/event/9525182>

Registration 11/21: <https://libcal.readingpl.org/event/9525226>

Genealogy How To: Family Search Fri, 11/18, 10:00 - 11:00am

Join Local History and Genealogy Reference Librarian, Jocelyn Gould, as she introduces Family Search & their databases & provides tips and tricks on how to maximize your research. Bring along some information and maybe we will use your query as our example!

Registration: <https://libcal.readingpl.org/event/9339640>

Word of Mouth Book Discussion Tues, 11/29, 10:30am - 12:30:00pm

Have you read any good books lately? Stop by and share! Join us for an informal monthly discussion of what people are currently reading. It's a great way to learn about new books and authors. Registration: <https://libcal.readingpl.org/event/7600414>

PSC BOOK CLUB

Thursday, November 17th from 10:00am - 11:30am

Looking for a casual book group where you can discuss, engage and laugh with other like minded readers? This month's discussion features

The Widow's War by Sally Gunning.

We are meeting upstairs in the PSC. Copies are available at the Library and at the Pleasant Street Center.

Registration: <https://libcal.readingpl.org/event/9481494>

SUPPORT SERVICES

We are dedicated to helping our residents live actively and engage in the community. We provide education, support and services for residents of all ages. This includes:

*Reading Response:

- Medical transportation
- Lifeline Medical Alert
- Adult Day Health

*Reading Response income guidelines for medical transportation and lifeline: 1 person=\$55,000; 2 person=\$62,850. For every \$5,000 over the income guidelines there is a \$5.00 copay. Clients on standard Mass Health are **not eligible**.

To schedule an appointment for any of the above services please contact:

Kerry Valle, Sr. Case Manager
(781) 942-6659



For Health support or to request a blood pressure check, please contact **Alyse Warren, Nurse Advocate 781-942-6693**

Please note:

We are seeing clients BY APPOINTMENT ONLY

FUEL ASSISTANCE

Greater Lawrence Community Access Council, Inc. (GLCAC)

How Fuel Assistance Works:

Aid is available to pay a portion of winter heating bills for the primary heat source for households meeting federal income guidelines

Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene and electric.

If you need an application or are new to the program, please contact GLCAC at (978) 681-4950.

The deadline to apply is April 30, 2023

Christa Crocker will be coming to the PSC for 15 minute appointments starting in December.

Thursday, December 15 @ 9:00 am

Thursday, January 12 @ 9:00 am

Thursday, February 9 @ 9:00 am

Thursday, March 16 @ 9:00am

Please call the receptionist at the PSC to book your appointment 781-942-6794.

FILE OF LIFE

In an emergency, time is critical! When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count and can make the difference between life and death. A File of Life allows our Firefighters/Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data to awaiting physicians in the emergency room. If you would like a File of Life or have questions about the program, please do not hesitate to contact **Kerry Valle at (781) 942-6659 or Alyse Warren at (781) 942-6693**. The Files of Life available through the Pleasant Street Center are kindly supplied through a donation to Fire Dept Local Union 1640.



BLOOD PRESSURE CHECKS

Cedar Glen - November 2nd : 1:00 - 1:45

Frank Tanner - November 10th: 10:00 - 10:45

Pleasant St Ctr. - November 17th: 10:15- 11:00

If you have questions/ need different arrangements, please contact

Alyse Warren, Nurse Advocate 781-942-6693

LAMP REPAIR

Last Lamp Repair dates until May 2023!

November 2nd and 16th

Do you have a lamp that needs repair? Bring it to the during our hours of operation.

PLEASE NOTE: LAMPS MUST BE CLEAN

Please affix a note on your lamp stating the problem, your name, telephone number and address. The fee will be for parts only. 781-942-6794



Reading Elder Services

16 Lowell Street
Reading, MA 01867

PLEASANTRIES

Reading's Newsletter for Residents 60+
pleasantstreetcenter@ci.reading.ma.us
readingma.gov/pleasant-street-center

Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6608.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walking all around town. Walks are open to all and vary each week.

Tuesdays at 10:00am

Reading Ramblers November 2022 SCHEDULE

- 11/01:** Meet at Tri-Community Greenway
- 11/08:** Sturges Park Neighborhood
- 11/15:** Pine Vale Neighborhood
- 11/22:** Pleasant Street Neighborhood
- 11/29:** Poet's Corner Neighborhood

Check out Ramblers FB page for updates:
<https://www.facebook.com/Readingramblers/>

***Walks will be cancelled in the event of inclement weather.
Contact the Pleasant Street Center for an updated
departure location at (781) 942-6794.***

TRIPS

Jimmy Mazz
"Home for the Holidays"
Thursday, December 1st, 2022
\$70.00 per person
Danversport Yacht Club
Sign-ups open now!
Please RSVP to 781-942-6794

*We are continually in the process of planning more
fun and exciting trips for the Fall, so please stay
tuned.*